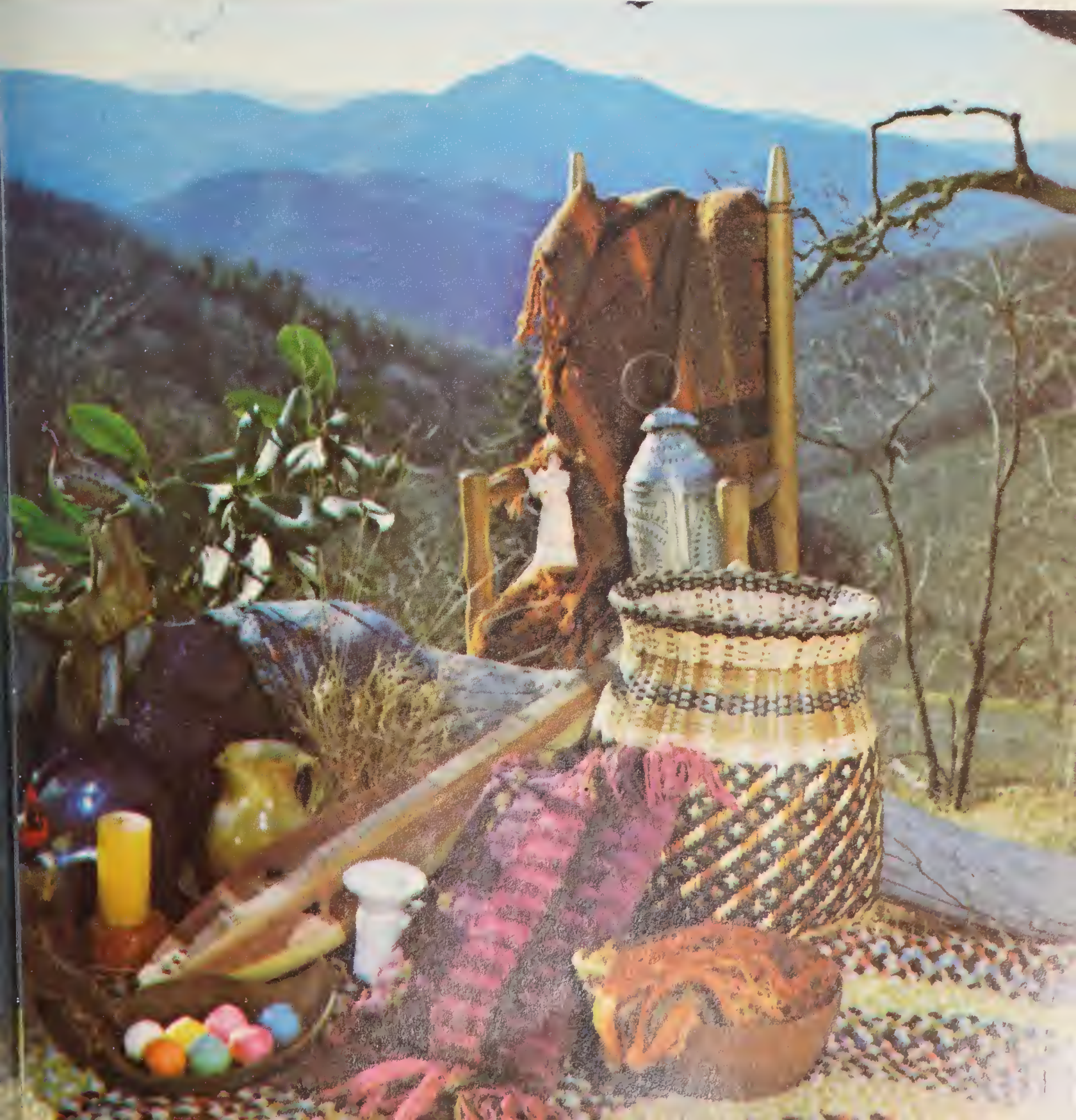


Carolina Country

MARCH, 1974





Actual unretouched photograph of a five year scarlet maple.

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Vol. 6 No. 3 March, 1974

Formerly The Carolina Farmer.
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Official Publication

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The Only Fair Way

Stories making the rounds have it that gasoline is being secretly stored against the day when people are so desperate for it that it can be sold for a killing. A man down east told us underground tanks of vacant service stations thereabouts were being used for that purpose.

Trouble is, so many stories like that are circulating nobody knows what to believe. A lot of us aren't even sure we can believe the government.

As for industry, all segments of it seem to be saying to the consumer, "Free us from all controls, let us charge all we can get, and you'll get what you need." Buy that, and inflation would wreck the nation.

About all that's indisputable is that we've got a shortage of everything except shortages. The old principles of supply and demand have gone by the board. Competition, particularly in the monopolistic petroleum industry, is all but nonexistent.

Yet we still don't have what we ought to have in the way of national policies for dealing with shortages. We don't even, in the throes of the energy crisis, have a workable national energy policy. We certainly don't have a simple, clear-cut policy under which the average citizen can count on getting a fair share of available gasoline.

The way it is now, people who get to the service stations first, or have the idle time to go in off hours, or have a connection, get what there is. The man or woman who can only go before or after work finds long lines, problems and, too often, empty pumps.

Meanwhile prices at the pumps keep climbing, as though somebody in Washington had decided, for lack of a more reasonable plan, to let gasoline become so expensive less of it will be bought.

Letting prices discourage consumption is a poor excuse for policy. Like the government proposal for putting a surcharge on gasoline, it favors the rich to the denial of the rest of us.

The only fair way to assure people who need gasoline for good reasons of a fair share of the available supply is to ration it. If it is done with common sense, the American people will accept it. And if it is done properly, rationing will conserve gasoline for necessary purposes and thus check the demand that is pricing it out of reason.

In urging states to adopt an "Oregon" rationing plan, Energy Czar Simon admits the need but evades the issue.

Jim Chaney

Notice: The fact that a product is advertised in this magazine should not be taken as an endorsement. If you find an advertisement misleading, or a product unsatisfactory, notify us. We will notify Attorney General's Consumer Protection Division.

COVER — In San Francisco last month, North Carolina crafts were exhibited and sold by N.C. Rural Electric Women at a Crafts Fair during the annual convention of the National Rural Electric Cooperative Association. North Carolina crafts enjoy a national reputation for quality, authenticity and charm. Quilts or ceramics, dolls or dulcimers, jugs or carvings, the variety is as limitless as the imagination and patience of the thousands of Tar Heels who make them. Photo courtesy State Division of Travel and Promotion.

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CAROLINA COUNTRY (formerly THE CAROLINA FARMER) IS PUBLISHED MONTHLY BY NORTH CAROLINA ELECTRIC MEMBERSHIP CORPORATION. SECOND CLASS POSTAGE PAID AT RICHMOND, VA., 23219. EDITORIAL OFFICE, SUITE 911, BRANCH BANK BUILDING, RALEIGH, N.C. 27602. POSTMASTER, SEND FORM 3579 TO BOX 1699, RALEIGH, N.C. 27602. EMC GROUP SUBSCRIPTIONS, 75 CENTS A YEAR. INDIVIDUALS \$1. ADDRESS ALL MAIL TO: CAROLINA COUNTRY, BOX 1699, RALEIGH, N.C. 27602.

CAROLINA COUNTRY MARCH, 1974



YOU AND YOUR GOVERNMENT

A Report by Rep. Richardson Preyer, Sixth District

This is the eighth in a series of messages prepared for *Carolina Country* by members of North Carolina's Congressional delegation.

As the Sixth District's Congressman, Representative Preyer serves the people of Alamance, Guilford and Rockingham counties. His home address is Greensboro. His district office is in the Federal Building at Greensboro.

As a former judge I can tell you that the best jurors were invariably farmers — because their experience taught them all aspects of economic life and gave them a sounder understanding of people.

The family farm may be on a decline in numbers in this country, but rural life is still strong and its preservation as a part of our society is important if we are to maintain much of what is best in the character of our people.

We need to find new ways to make it attractive for people to continue to live in our rural areas both those who farm and those who work in the city but would rather live outside.

This means assisting small communities in the ways that government can so that they can improve services to their people and we can maintain the "one foot in the city, one foot in the country" tradition that makes North Carolina a good place to live.

There is no more challenging aspect to this effort than the one in which I have a special interest — rural health care.

Significant numbers of North Carolinians live in rural areas than can be classified as "medically underserved"; that is, where physicians and other health professionals are not available. In most sparsely populated areas rural people have only one-half the access to physicians, nurses, dentists, hospital beds, and other health resources when compared with those persons living in the rest of the State and Nation. Moreover, a significantly smaller proportion of rural residents than urban residents have health insurance coverage.

Only 12 percent of our physician population and 18 percent of our nurses practice in rural areas. The situation in North Carolina is no better.

In North Carolina, government is responding to this situation through the efforts of existing medical schools in establishing local health centers such as the one at Prospect Hill in Caswell County; through the ambitious program of allied health education centers across the state; and through consideration of the expansion of existing or the construction of new medical schools.

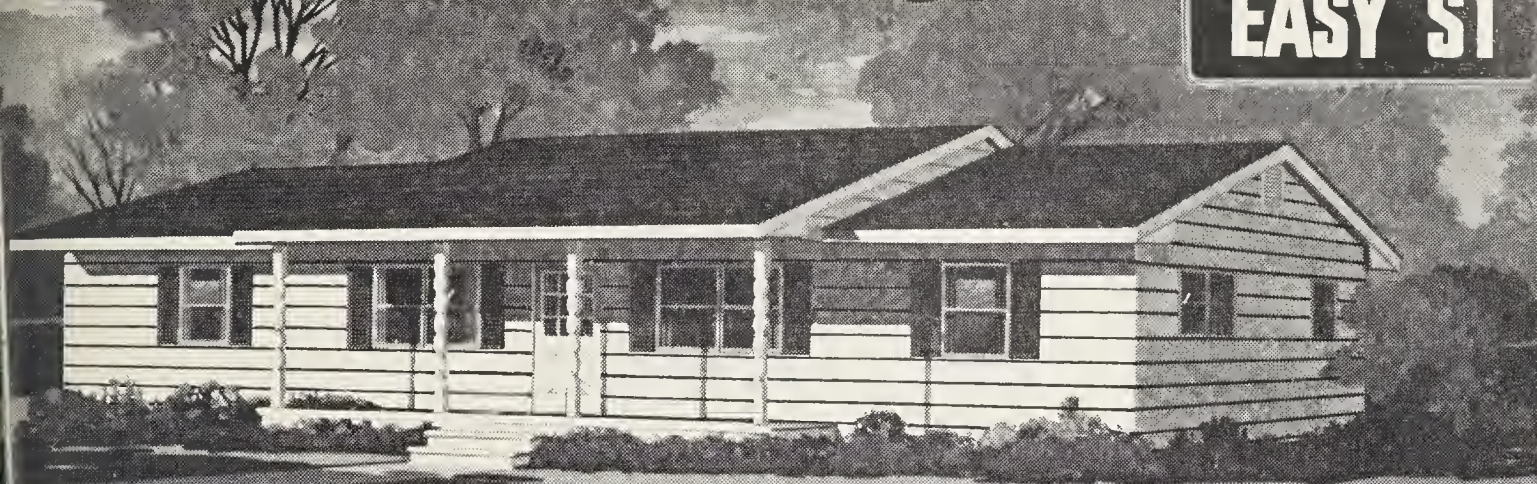
In the Congress, our subcommittee is considering legislation which would coordinate existing health programs with special emphasis on training the necessary manpower for rural health care. Also, we are seeking to find the means to provide economic incentives for physicians, dentists, and optometrists to establish practices in physician-shortage areas.

In past years we in North Carolina have developed imaginative statewide efforts to develop and attract industry and to improve our education institutions. We need this same kind of effort to bring quality medical care to all parts of the State.

How well we respond to this need will go a long way towards determining what kind of people our future generations of Tar Heels will be. We need to make certain they keep the identification with the land which is so much a part of the soul of our part of America.

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The Case for Rural People

Speaking at the 39th annual meeting of the Cooperative Council of North Carolina, at which he was honored for his statesmanship, integrity and long service to the people of his state and nation, U.S. Senator Sam Ervin cited the importance of North Carolina agriculture and identified developments that threaten it. Senator Ervin, former Chief Justice of the State Supreme Court, is a self-styled country lawyer who has won national recognition as a Constitutional authority. His speech is reported here as a distinguished North Carolina's statement for the case for rural people and their programs.

By Senator Sam Ervin

Commenting on agriculture more than 130 years ago, Daniel Webster observed that "...when tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization."

And certainly since the founding of North Carolina, the land and its people — coupling conservation of our national resources with judicious and beneficial productivity — have been touchstones of our heritage.

The highly important business and trade elements that provide machinery, goods, services, credit, processing and manufacturing to sustain farm operations constitute a firm partnership for the good of all.

It has been a long and continuing relationship. It will go forward and it will strengthen. All of us have a vested interest to see that it does.

I recognize fully that I may have a slight bias when I discuss North Carolina's agriculture and our State's agribusiness. With an objective bias, however, I would point out that every year we are in the top 10 states of the nation for farm cash receipts.

We are the leading State in marketing flue cured tobacco. Each year we are in the top 10 leading states in cash receipts for eggs, broilers, turkeys, green house and nursery products, apples, and grapes. And in the past decade they've had to stretch the Corn Belt a little so that our corn and soybean production receives just due.

Within our own state's economy, we can add hogs and dairy products as sizeable contributors.

I might add that, while the U.S. Department of Agriculture's official statistical tabulations don't carry a Brunswick Stew category, if they did — we'd be listed first there, also.

In a broad sense, agriculture and all of its related industries make up our primary economic, social and political structure.

For all concerned, there is justified pride in this. There is also an equally justified obligation that the land and its productivity not be squandered or dissipated.

There is simply no begging the fact that we hold all of this bounty and good in stewardship for future generations. Resource use, farm operations and farm programs must be used not only for present equitable return; they must meet ultimate objectives to afford and to insure that capability and opportunity is passed on.

On this basis, I can only fault the present administration's action in various farm program activities. Too often, expediency has sacrificed farmers' interests. Too often, the short gain has not considered the long-term impact. Too often, harsh decisions have indicated clearly a desire to remove farm program mechanisms which achieve and keep a balanced agriculture.

Prices for the 1973 flue-cured crop broke all records. Sales volume was up, and crop value set a record. Industry takings from both the crop and loan holdings were heavy. Producer marketings were above the average of the previous 8 years under the acreage-poundage program.

Flue-cured tobacco was heading into the 1974 crop year from a strong and rewarding position.

Then administration action was taken. On January 14th, it was announced that the national marketing quota and acreage allotment for 1974 would be increased by 10 percent.

I question that the determination, as announced, was "to meet increased export demand." I submit that it was to lower those record prices.

And remember, while North Carolina leads the nation in flue-cured production, this action affects Florida, Georgia, South Carolina and Virginia.

This action was taken despite the greatest outpourings of letters to Secretary Butz from producers in the history of the Department. One U.S. official observed he had not seen anything like it in more than 35 years of service.

And according to the program announcement, consideration had been given also to terminating the 1974 crop quota entirely. While ignoring those thousands of letters from concerned farmers at least, perhaps, it was a cold decision to terminate the quota.

This type of arbitrary action does not keep the faith with farmers who blazed the trail in adopting an acreage-poundage program, who gear operations and production to market and price, and who use and conserve their resources to the best of ability.

We are all familiar with the Russian wheat sale, the hyper-charged emphasis to move all available wheat to the foreign market — and the devil took the hindmost, the producer and the consumer.

World shortages and U.S. export levels have moved wheat prices to record levels — but the greatest beneficiaries over the long haul continue to be the speculators and a few exporting merchants.

The triggering sales to the Russians have become a game of Russian roulette, as the concern of USDA seems to be that the nation's grain reserves may fall to dangerously low levels.

No safeguards were provided to assure domestic requirements would be met. No steps were taken to assure that sky-rocketing costs would not

nd Their Programs

boomerang on both farmer and consumer.

Now, we learn, the administration moved quietly this month (January) seeking to have the U.S. Tariff Commission suspend import quotas on wheat.

Seemingly, this action was basically to permit greatly expanded imports to the U.S. from Canada.

However, I would point out that Canadian wheat is controlled by a state-owned wheat board. Any decision to export wheat to the U.S., besides the price factor, would be based on political as well as commercial grounds.

Another reason for seeking greatly expanded imports, I submit again, is to open wheat prices received by farmers.

If careful and due consideration has been given to domestic requirements and to the farmer's judgment of plantings, I don't think this government would be in the helter-skelter grain situation it finds itself in now.

All attempts by concerned people in the Congress to create a domestic reserve and protect both farmer and consumer were beaten down by the administration. I don't think it is a lost cause.

On December 26, 1972, the administration with a stroke of the pen terminated the Agricultural Conservation Program — which it had previously renamed the Rural Environmental Assistance Program.

With a stroke of the pen, funds were impounded and the intent of the Congress, expressed for more than four decades to conserve our resources and protect the environment, was thwarted.

With a stroke of the pen, 3,000 ASCS county office employees were put in the job-hunting catatony as were numerous employees of the Soil Conservation Service.

As you know, the administration had no legislation to propose, or any farm program, to fill the void when the



Senator Sam J. Ervin Jr.

1970 Act expired on December 31, 1973.

It was quite complacent to let things slide — and let producers of wheat, the feed grains, cotton, milk and dairy products flounder, hoping the provisions of older legislation would suffice. Of course, under supply and price conditions that existed, and under those contemplated, it was possible that, by administrative action, many provisions of prior legislation could then be suspended, terminated — or made inoperative.

The Congress passed a farm program and directed that a Rural Environmental Conservation Program be carried out.

On December 26th last — an anniversary date, you note — such a program was announced.

However, the administration impounded more than 40 percent of the funds appropriated by the Congress to be used for cost-sharing with farmers

for conservation and environmental protection.

It is a fact that the White House Office of Management and Budget, despite congressional protests against earlier impoundment action, barred any expenditures over \$90 million for RECP and \$10 million to revive the Water Bank — out of a total appropriation of \$175 million.

In the allocation of available funds to the States announced last week, North Carolina has an initial allocation of \$2.17 million. These cost-sharing funds not only affect farmers, but also contractors who do terracing, stream correction, and other conservation and protective measures.

In effect, we have 60 percent of appropriated funds killed off by Mr. Ash and Mr. Malek and sanctioned by the President.

There are numerous other instances, including dairy product imports, in which administrative effort and action are directed to throwing agriculture — and all supportive services and industries — out of balance.

The drum beat of "get the Government out of farming" is rhetoric which really means get the farmer out of his constituted Government. It is intended to prohibit his voice in policies for the national interest, without regard to the vital role of agriculture in our society.

There has never been a mandatory commodity program on the books. All programs have been voluntary. Each farmer decides for himself what is best for his operation and his interest.

I suggest that for all of us with concern, we continue to let our desire, wish and hope be continually known.

In the atmosphere of on-going administrative actions and intent, I think it wise that John Greenleaf Whittier's thought, expressed in his poem "My Triumph," be kept in mind:

*Others shall sing the song,
Other shall right the wrong —
Finish what I begin,
And all I fail of win.*

A PLACE TO SUCCEED

For a Community's 'Forgotten' People

By Owen Bishop

The instructor guided George's hands as they unsteadily hooked two thin pieces of metal together.

George grinned with delight and placed the metal instrument alongside others he had done, also with the instructor's help.

George, a 31-year-old trainee at Harnett County Sheltered Workshop, was being trained to participate in the center's Day Activity Program.

"He's very limited," said the workshop instructor, Mrs. Clarice Hayes. "But we're working closely with him and he's making progress. When he came to us, we were told he couldn't do anything.

"On his first day, one of the instructors helped him make one of these bail-bands, which are used as hanging brackets for bottles of intravenous solutions. He was so happy that he had been able to make this simple device!

"He just laughed for about 45 minutes, and then he asked if we could

put a bed in the workshop so he could stay here all the time. It was so touching that it made me cry."

George is one of 45 trainees who're currently being served by the workshop, a facility which provides for many of them their first opportunity to succeed.

"We try to establish for the workshop an atmosphere of success," said Keith Hampton, workshop director. "We feel this is important because in the past, these people have been stuck away in rest homes and forgotten. Now, they can come to our facility and find themselves in productive status."

Hampton said many of the workshop's trainees come in as George did, with the suggestion that they "can't do anything" and will never really benefit from the program.

"We have one girl here that we were supposed to fail with because everybody else had. But, she's now working in a supervisory capacity, overseeing

production. And, although she's severely retarded, I would put her in any sort of situation in industry of that nature, provided she had good and understanding supervisor."

The workshop, which is one of 4 such centers across North Carolina, was established in 1971 as a result of a broad community-wide effort to reclaim Harnett County's "forgotten people."

J.K. Horne, State mental retardation specialist for the South-Central Region which serves Harnett County, said that grassroots effort is "an example of what a community can do for itself" when it recognizes a need and sets out to fill that need.

"Many other counties need this type of facility just as badly but haven't shown the initiative to get that Harnett has shown," he added.

The initiative came at the urging from the Lee-Harnett County Association for Retarded Children, an organization which had long been aware of the need for a workshop of some kind to serve retarded adults.

Then, about five years ago, Marvin Marshall came to Dunn to assume the post of manager at South River Electric Membership Corporation, and he took an immediate interest in the idea of getting a workshop established.

With his help, the association organized citizens meetings, involving various community leaders and interested laymen. Eventually, a Board of Directors for the proposed workshop was formed, with Marshall as chairman.

The board then began the tedious and time-consuming process of clearing their plans with the various state and local agencies which would be involved in an operation of this sort.

The facility was to be operated in renovated quarters in the Maple Grove Indian School, which was then being used only for adult education classes sponsored by Central Carolina Technical Institute. The move was approved by the Harnett County Board of Education.



Glenda Jackson, seated, a student at the Harnett County Sheltered Workshop, demonstrates how she makes bail-bands, metal devices which are used as hanging brackets for bottles of intravenous solutions. She is being assisted by Mrs. Clarice Hayes, workshop instructor, far right. Watching the demonstration are, left to right, Keith Hampton, workshop director; Marvin Marshall, chairman of the workshop's Board of Directors; and Alice McPherson, another workshop trainee.

The Harnett County Board of Commissioners pledged \$5,000 to match a \$5,000 grant in state funds, and agreed to finance the renovations at the school.

Meanwhile, South River EMC, which served the school, contributed materials and labor for a complete wiring job.

The workshop opened on Aug. 2, 1971, with a director and three trainees. A fulltime secretary joined the staff two months later.

It was launched, but somehow it didn't really "get off the ground" during its first year of operation, according to Marshall, who still serves as chairman of the Board of Directors.

"Then, our first director resigned. We sort of reorganized the workshop and hired Keith Hampton, who was assistant director at the workshop in Greenville. He's young and energetic, and had had some good experience in the field. He came in and really got things moving."

At the workshop, the trainees handle a variety of work assignments under contracts with area industries. In addition to producing the bail-bonds for a Rocky Mount drug manufacturer, the workshop is responsible for building wooden chicken pallets for another firm and for inspecting motor parts which are used by a third company in making small kitchen appliances.

Under these contracts, the workshop is paid on a production basis — and the workers are paid on the same basis.

"This way we can show them the sort of thing they're going to find on the labor market," said Hampton. "They can see that they're going to be expected to do a certain amount of work each hour and each day."

What we try to do is to recreate an industrial setting to train our students for the competitive labor market. But, along with the vocational program we try to instill in them personal and social adjustment, the proper things to do in various social settings and situations. And, we try to help them with their personal problems."

The approach has been quite successful with many of the trainees.

One example that comes to mind is a young lady who had been at O'Berry Center in Goldsboro for 11 years. When she first arrived, she ex-

hibited a great deal of inappropriate behavior. After she was exposed to our personal and social adjustment project, almost all of this inappropriate behavior disappeared. She's improved so much that she's been completely severed from the institution."

The director said the workshop serves many clients from O'Berry Center, helping them prepare to move back into their communities.

"We are a comprehensive workshop and can accommodate a wide spectrum of handicaps — the mentally retarded, the mildly emotionally disturbed, blindness, deafness, missing limbs — any handicap which is a barrier to employment."

The center operates under the direction of the Lee-Harnett Mental Health Authority, with assistance and supervision from the State Department of Vocational Rehabilitation, the State Division of Social Services and the State Division of Mental Health.

"We're also working with the Office of Corrections, serving honor inmates from Harnett Youth Center. We have two now who are mildly emotionally disturbed. They're some of our finest workers. In fact, one is now in a supervisory capacity, overseeing the chicken pallet contract."

James O. Bryant, Vocational Rehabilitation's sheltered workshop specialist for the South-Central Region, said the staff of the workshop has done "an excellent job" and his agency is "very pleased with the progress they've made."

He added: "Within the past year, they've doubled their staff and the

number of people served, and they've increased their services as well as the diversity of their programs."

The workshop has grown from a staff of two with a first-year budget of about \$40,000 to claim an eight-member staff and an annual budget which is expected to top \$110,000 for 1974-75.

It operates a truck, two vans and a 48-passenger bus, which is used to ferry students between their homes and the workshop. And funds are now being sought for a second truck, a flat-bed trailer and a fork lift.

"We have made tremendous progress," said Hampton, "but there's still a long hard road ahead of us. We're still very much an infant facility. And as far as growth is concerned, the only thing that's holding us back now is lack of space."

The space problems will be eased somewhat when a new 2,000 square-foot building is completed to house woodworking classes.


The \$13,000 structure, which will permit increasing the workshop's capacity to 60, is being built with county funds.

The County Commissioners have provided \$5,000 annually for the workshop's operating budget, in addition to financing various improvements to the buildings and grounds.

"I just can't say enough about the generous support we've received from the Commissioners and from so many other organizations and individuals," Hampton said. "Without this support, we could never have come as far as we have."



Workshop trainees putting a chicken pallet together



SOYBEAN PROTEIN

Food of the Future?

Photo courtesy of Worthington

Farmers know the soybean as an animal feed. Now consumers are getting to know it as a valuable human food in its own right.

The soybean—a poor but deserving immigrant from Asia—has hit it big in the New World.

The origins of the soybean are oriental, and more than 4,000 years ago it was one of the five sacred grains of China. But until recently, many U.S. farmers considered the soybean little more than a cover crop, to be planted and then plowed under to restore the soil.

In the last 10 years, things have changed. Today the soybean has achieved real status—everyone in the world seems to want soybeans, and if you were fortunate enough to have 2,000 bushels of them last June, you would have grossed \$24,000.

Harvested acreage in the United States has more than doubled since 1960, and the soybean is now the farmer's leading cash crop.

Feed into food. The reason for this meteoric rise to fame of the humble soybean is basic. The expansion of flocks and herds of sheep and cattle throughout the world in recent years

has been great. The need for protein animal feed—for which beans are a prime source—has soared accordingly. As worldwide demand for animal protein grows, a corresponding strain will be placed on the sources necessary to produce this essential nutrient.

One offshoot has been closer to the tiny of the soybean as more than an animal feed. Researchers are now recommending that the protein-packed bean be much to recommend it as a human food in its own right.

ERS economists now estimate that about 85 percent of all soybean

sed domestically is fed to livestock. Most of the rest is either exported or used for industrial purposes, with less than 1 percent going into human food. The utilization of the beans we export is not too different: Almost all the meal is still used for animal feed.

However, predictions are that more and more meal will be used in food products. In fact, food specialists point to soy protein-based foods as one of the most promising areas of nutritional research.

Protein packed. Soybeans contain about 38 percent crude protein, compared with 18 percent in beef or pork. They have three times as much protein as eggs or whole wheat flour and 11 times as much as whole fresh milk. The dry bean contains about 80 percent meal and 22 percent oil, with a high percent of unsaturated fatty acids.

Despite its impressive nutritional value, however, it wasn't until the mid-1960's that serious consideration was given to the soybean as food. Thanks to recent research, soybean derivatives are now made into a large number of attractive food items. Soybean products can be added to meats to extend them, or can be made into meat substitutes called analogs. They can also be made to resemble a wide variety of other foods, from diced, dehydrated bell peppers to mayonnaise to nut-like snacks.

From soybean to steak. How does a soybean become a steak look-alike?

First, the soybeans are ground into flour that is about 50 percent protein. Further processing filters out hard-to-digest carbohydrates and produces soy isolate, a powder that is more than 90 percent protein.

This isolate is mixed with an alkaline liquid to form a solution which is pushed under pressure to "spinning" machines in a process similar to the method used to spin rayon and nylon.

The solution is forced through a die containing some 15,000 tiny holes, each about four-thousandths of an inch in diameter. The jets, as they are pushed through the die, stream into an acid solution that congeals

them into separate, pale gold threads of protein: tasteless, odorless, closely resembling taffy in texture, and high in protein.

Another texturing process, simpler and cheaper than spinning, is called extrusion. It uses the flour, rather than the isolate, as a base. Soy extenders requiring texturing are usually extruded.

After going through one or the other of these methods, soybeans emerge as textured vegetable protein—which can imitate virtually every meat product in existence today and many other foods as well.

ERS researchers point out, however, that while the versatility of soy protein is great, it is not yet the perfect food.

Lacks amino. The meat substitutes may be somewhat lower than beef in one or more amino acids, the building blocks of protein. A better amino acid balance may be obtained by adding amino acids from other sources, mixing with other vegetable proteins, or mixing with meat or other animal

products. For most of the U.S. population, soy proteins could replace some meat and there would still be sufficient proteins in the diet from animal sources.

ERS experts see more of our meat needs being met this way. They predict that by 1980 as much as 20 percent of all processed meat items could be made of vegetable protein.

The big push may well be toward soy extenders.

Cheap and efficient. These extenders are low in cost and can be added to processed meat products. Not only are they less than half the price of meat; they also reduce cooking losses because the soy product absorbs the water and fat that cook out of meat.

In 1971, USDA permitted the use of up to 30 percent soy extenders to meet the protein requirements of some school lunches. The extenders are also showing up in more restaurant and institution meals.

When it comes to the analogs, however, it's a different story.

Few meatless meats. Though such prestigious schools as Yale University have been experimenting with meat substitutes made from soybeans in their cafeterias, ERS projections to 1980 don't hold much promise that they will replace meat.

While close to the flavor of the meats they imitate, these analogs are priced at about the same level as meat. Soybean hot dogs, for example, go for approximately \$.84 for a can of 10, or only slightly less than what you would pay if you bought the real thing.

Another hurdle is acceptance: It took margarine a long time to make substantial inroads into the butter market. And the habit of including meat in every meal is a difficult one to change.

Still, as meat becomes more scarce, and the price goes up, consumers will look around for ways to offset this increase. And the longer they look at the soybean, the more they could grow to like it.

[Based on material from USDA's National Economic Analysis Division.]

Model-T Soybean?

Henry Ford is best remembered for his contribution to automotive engineering. Less well known is the fact that Ford was also one of the first to experiment with soybeans.

Back in 1929, Ford tried to relate farming to manufacturing by developing the soybean as a food and industrial crop. Ford served soybean flour bread at his company's commissaries, made paints for his cars with soybean oil, and used soybean meal at his foundries.

Ford even tried to make auto parts out of the versatile bean. Besides developing horn buttons, distributor housings, and gear-shift handles, Ford developed an entire auto body made from soybeans.

The story goes that one day Ford mistakenly left his soybean car out in the field and some hungry pigs ate it up.

[Based on special material from the National Economic Analysis Division.]



Let's Have A Quilting Bee

The Carolina Homemaker
Edited by Brenda Sargent

One of the many types of needlework being discovered by Americans these days is the highly respected art of quilting.

For most people the quilting process is too involved and time consuming to attempt, but they seem to be willing to pay the price to own a beautiful hand-made quilt.

Due to this new-found appreciation for the one truly original form of American needlework, the growing use of quilts is not being limited to just the bedroom. Decorators are showing brightly colored quilts draping dining room tables, hanging on living room walls, and upholstering sofas and chairs. And not just in modest homes, but also in the apartments and country homes of the wealthy. The bold colors and geometric designs make this art form complement beautifully the leaner, simpler lines in home furnishings today, just as they did in American homes two hundred years ago.

But quilting is not only regaining its popularity for decorative reasons. People are rediscovering the fun of getting together and having a good time while using their hands to create what will become a priceless heirloom.

So get a group of enthusiastic stitchers together and have a quilting bee!

Preparation

Select a good quality fabric and use only like fabric: silk with silk, cotton with cotton, etc. Choose close woven fabrics of a firm weave and soft texture; and choose colors that are dye-fast and have good color harmony. Pre-shrink or pre-shrink material before cutting the material. To make cutting the fabric pieces easier, use simple paper original patterns which grab the fabric, and make several patterns at one time so a worn out one can be discarded with no extra fuss.

Cutting the Material

Press material first, using a damp cloth if you have any doubts about the effect of ironing. Pull a thread across the material determining a straight true grain, then place pattern on material lengthwise grain. Trace with a pencil on wrong side of material the number of units needed for one block, *leaving 1/2-inch between tracing lines*. Cut out the units 1/4-inch away from the tracing line. Next, place pattern on each unit (exactly), and with a moderately hot iron, press *1/4-inch seam allowance* over the pattern. The pressed crease serves as a guide line for sewing. Be accurate!

Sewing Units Together

In patchwork, units are joined from the center out (follow pattern suggestions). Joinings are made by stitching units together with a running stitch from the wrong side. A thread approximately 18 inches long is the correct length.

(The same length is used in quilting.) Join units accurately! Press seams and remember that each pressing improves the appearance of the quilt.

When appliqueing, fold or press seam allowance under. Pin and baste pieces to block or backing fabric. To be sure of correct positioning, fold the backing first one way and press, then the other way and press and use the resulting creases as guidelines. Appliqued stems are usually cut on the bias and leaf ends are tucked under stems. Curved units should be basted 1/8 inch from the outside edge and pulled slightly to form curved edge; or clip well into the fold on the curve to make the pieces lie flat.

After the entire design has been basted in place on the block, blind stitch, whip or sew with small invisible stitches being careful not to pull stitches too tightly and cause puckers. For added dimensional effect, a little batting may be placed under larger applique pieces before basting to the block.

Setting the Quilt Together

The three layers of a quilt are the lining, interlining and the top (blocks and border). The lining fabric should be of the same quality as the top. A percale sheet (free of sizing/starch) may be used. The size should be the same as the top unless it is to be used as a binding, in which case it should be 2 1/2 inches larger all around. Cotton batting is most popular and practical as the interlining. And give the assembled top a final pressing!

To assemble lay lining flat and smooth wrong side up. Then lay cotton batting on top of lining and smooth so there are no wrinkles. Finally, lay the assembled top over these two layers *right side up*.

Baste very carefully all three layers together, starting at the center of the quilt and basting out to each side and corner. It is suggested that basting should be about 4-inches apart. Now baste all outer edges together.

Quilting Frames and Hoops

The purpose of a quilting frame or hoop is to hold the work taut. Frames may require sewing in, tacking in, or rolling in – but it must be taut! You may make or purchase such frames. Hoops come in two varieties, single stand and double stand, and the size is approximately 22-inches.

Quilting

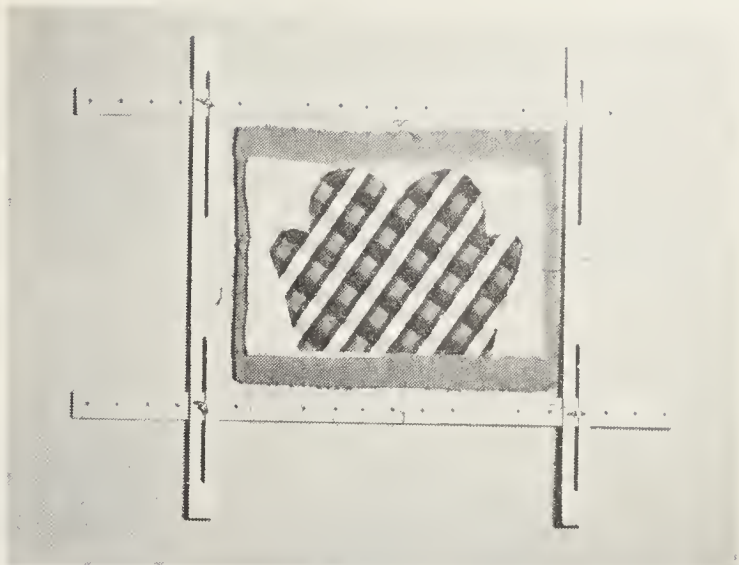
Quilting designs are transferred to the block by pricking the outline with a needle. Use 18-inch lengths of thread with a knot at one end. The needle size should be geared to the thread size.

Examples: (Recommended for quilting – No. 40 Heavy duty mercerized thread takes a size 6 sharp needle.

No. 50, 60 thread can take 7, 8 and 9 sharp needles.

Remember: Cut, don't break the thread. Thread the end from spool into needle. Use thread one shade darker than fabric for color matching.

Quilt 1/8-inch away from all seams. Quilt white/plain blocks, triangles, etc. as desired and according to overall design.



This quilted hot mitten is laced into a wooden quilting frame.



Other easy to quilt items are pillows, placemats and potholders.

With the left hand on top, push the needle from underneath up through the three layers of material (forefinger tip of left hand serves as guide for getting needle through at correct spot). Draw the needle and thread through until the knot is concealed in the interlining. With the forefinger of the left hand on the bottom, push needle downward through the three layers and draw thread through to bottom.

Repeat, repeat, repeat! Eight or more uniform stitches per inch should be the rule. The up and down movement through the three layers of fabric, alternating the hand positions is the correct way of quilting. Be sure to fasten each end of each thread securely.

As each accessible area has been quilted, adjust the frame or hoop carefully for the next area to be quilted. The edges of the quilt are finished last and according to the design you have selected.

Follow all these steps with care and patience and you will have finished an HEIRLOOM!

Instructions prepared by Floy G. Garner, Home Economics Extension Agent, Carteret County.

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SIZES 2-8



4920
SIZES
8-20

Pattern No. 4920 is cut in sizes 8, 10, 12, 14, 16, 18 and 20
Pattern No. 9438 is cut in sizes 10½, 12½, 14½, 16½ and 18½
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Send \$1.00 in cash (no stamps) for each pattern to:
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Be sure to include your full address, zip code and pattern size.



KITCHEN CORNER

CLAM CHOWDER

Cathy Mazur of Spring Lake is the contributor of this month's Kitchen Corner recipe for Clam Chowder. Both Cathy and her husband are students — she studying to be a registered dental hygienist and he for a degree in business administration. To round out their busy lives, Mr. Mazur is also serving in the Army.

Cathy writes that aside from her hectic schedule, she still finds time to enjoy cooking and would like to share one of her favorite recipes with us.

The Mazurs are served by South River Electric Membership Corporation.

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. 27602. Tell us something about the recipe and any helpful tips you have discovered in preparing it, your family and the name of the EMC that serves you. We pay \$2 for the recipe chosen monthly for this column.

CLAM CHOWDER CAROLINA COUNTRY RECIPE

Submitted by Mrs. Cathy Mazur, Spring Lake, N.C.

- | | |
|---------------------------------|-----------------------------|
| 1½ qts. clams (more if desired) | 2 Tbs. A.1 Sauce |
| 2 cups diced potatoes | 4 Tbs. Worcestershire sauce |
| 1 cup diced celery | Dash of Tabasco |
| 2 pts. tomatoes | 4 Tbs. Catsup |
| 1/2 cup diced green peppers | 2 Tbs. butter |
| 4 slices of bacon (crumbled) | salt and pepper to taste |
| 1 clove sliced garlic | 1/2 tsp. Basil, Marjoram, |
| 2/3 cup diced onion | Oregano, Tarragon |
| 1/4 lb. fat back (diced) | 1 tsp. parsley and thyme. |
| 2 cups cream style corn | |

(The spices are my favorites, but any others may be used that compliment clams; without some spices the chowder is too bland.)

Brown bacon and fat back in skillet and remove to dutch oven. Melt butter in skillet with drippings and lightly brown onions and green peppers, then pour into dutch oven. Combine all other ingredients in dutch oven except clams and tomatoes. Add a little water and simmer until vegetables are tender. Add tomatoes and clams and simmer slowly for 15 minutes, stirring occasionally to prevent sticking. (Any longer than this and the clams start to toughen.)

Mix ¼ cup cold water with ½ cup flour to make a paste with no lumps. Stir this mixture to thicken the chowder. Serves 6.



NEEDLE CRAFT



Pattern No. 7339

Pick garden-gay pastels for these light tops. Crochet vest of worsted or fluffy synthetic. Crochet cape in three colors of worsted.



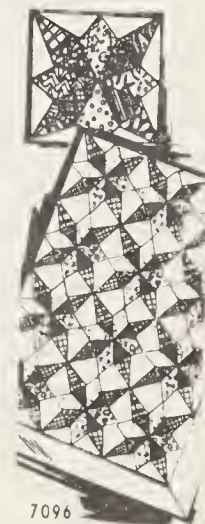
Pattern No. 7379

Put color underfoot with this oval rug. Use four colors. It's all single crochet so even a beginner can make it.



Pattern No. 7068

A sweater set to go with everything this spring! Crochet sporty cardigan and matching turtleneck tp in easy pattern stitch with ribbing, of worsted or same weight synthetic.



Pattern No. 7096

Join the quilt craze and make one of your own. Save all your remnants — cut out your patches, form blocks and sew together. All The Directions are included in this pattern.

Send 75 cents (no stamps) for each pattern to:
CAROLINA COUNTRY, Needlecraft Dept., Box 162, Old Chelsea Station, New York, N.Y. 10011. Print your name and full address with zip code and include the pattern number you want.

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Pink Flowering Dogwood, 1 ft. . . . 1.29 ea.
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Golden Rain Tree, 4 to 6 ft. . . . 2.98 ea.
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Purple Leaf Plum, 2 to 3 ft. . . . 98 ea.
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Yellow Buckeye, 1 to 2 ft. . . . 79 ea.
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Dwarf White Buckeye, 1/2 to 1 ft. . . . 69 ea.
Red Flowering Dogwood, 1 ft. . . . 1.49 ea.
Red Flowering Dogwood, 2 ft. . . . 2.49 ea.
Red Flowering Dogwood, 3 to 4 ft. . . . 3.98 ea.
5-N-t Flowering Crab, 3 ft. . . . 3.98 ea.
Red Leaf Peach, 2 to 3 ft. . . . 98 ea.

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Chinese Elm, 4 to 6 ft. . . . 98 ea.
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Green Weeping Willow, 4 to 6 ft. . . . 98 ea.
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Sycamore, 4 to 6 ft. . . . 98 ea.
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Belle of Georgia Peach, 3 to 5 ft. . . . 1.29 ea.
Elberta Peach, 1 to 2 ft. . . . 59 ea.
Elberta Peach, 2 to 3 ft. . . . 98 ea.
Elberta Peach, 3 to 5 ft. . . . 1.29 ea.
J. H. Hale Peach, 1 to 2 ft. . . . 59 ea.
J. H. Hale Peach, 2 to 3 ft. . . . 98 ea.
J. H. Hale Peach, 3 to 5 ft. . . . 1.29 ea.
Hale Haven Peach, 1 to 2 ft. . . . 59 ea.
Hale Haven Peach, 2 to 3 ft. . . . 98 ea.
Hale Haven Peach, 3 to 5 ft. . . . 1.29 ea.
Dixie Red Peach, 1 to 2 ft. . . . 59 ea.
Dixie Red Peach, 2 to 3 ft. . . . 98 ea.
Dixie Red Peach, 3 to 5 ft. . . . 1.29 ea.
Golden Jubilee Peach, 1 to 2 ft. . . . 59 ea.
Golden Jubilee Peach, 2 to 3 ft. . . . 98 ea.
Golden Jubilee Peach, 3 to 5 ft. . . . 1.29 ea.

Champion Peach, 1 to 2 ft. . . . 59 ea.
Champion Peach, 2 to 3 ft. . . . 98 ea.
Champion Peach, 3 to 5 ft. . . . 1.29 ea.
Maygold Peach, 1 to 2 ft. . . . 59 ea.
Maygold Peach, 2 to 3 ft. . . . 98 ea.
Maygold Peach, 3 to 5 ft. . . . 1.29 ea.
Blake Peach, 1 to 2 ft. . . . 59 ea.
Blake Peach, 2 to 3 ft. . . . 98 ea.
Blake Peach, 3 to 5 ft. . . . 1.29 ea.
Stayman Winesap Apple, 2 to 3 ft. . . . 1.19 ea.
Stayman Winesap Apple, 4 to 6 ft. . . . 1.98 ea.
Red Delicious Apple, 2 to 3 ft. . . . 1.19 ea.
Red Delicious Apple, 4 to 6 ft. . . . 1.98 ea.
Early Harvest Apple, 2 to 3 ft. . . . 1.19 ea.
Early Harvest Apple, 4 to 6 ft. . . . 1.98 ea.
Red Rome Beauty Apple, 2 to 3 ft. . . . 1.19 ea.
Red Rome Beauty Apple, 4 to 6 ft. . . . 1.98 ea.
Red Jonathan Apple, 2 to 3 ft. . . . 1.19 ea.
Red Jonathan Apple, 4 to 6 ft. . . . 1.98 ea.
Lodi Apple, 2 to 3 ft. . . . 1.19 ea.
Lodi Apple, 4 to 6 ft. . . . 1.98 ea.
Crimes Golden Apple, 2 to 3 ft. . . . 1.19 ea.
Grimes Golden Apple, 4 to 6 ft. . . . 1.98 ea.
Yellow Transparent Apple, 2-3 ft. . . . 1.19 ea.
Yellow Transparent Apple, 4-6 ft. . . . 1.98 ea.
Yellow Delicious Apple, 2 to 3 ft. . . . 1.19 ea.
Yellow Delicious Apple, 4 to 6 ft. . . . 1.98 ea.
Early McIntosh Apple, 2 to 3 ft. . . . 1.19 ea.
Early McIntosh Apple, 4 to 6 ft. . . . 1.98 ea.
S-N-1 Apple—5 Varieties on
each tree, 3 ft. . . . 3.98 ea.
Montmorency Cherry, 2 to 3 ft. . . . 1.98 ea.
Montmorency Cherry, 4 to 5 ft. . . . 2.98 ea.
Black Tartarian Cherry, 2 to 3 ft. . . . 1.98 ea.
Black Tartarian Cherry, 4 to 5 ft. . . . 2.98 ea.
Early Richmond Cherry, 2 to 3 ft. . . . 1.98 ea.
Early Richmond Cherry, 4 to 5 ft. . . . 2.98 ea.
Kieffer Pear, 2 to 3 ft. . . . 1.49 ea.
Kieffer Pear, 3 to 5 ft. . . . 1.98 ea.
Orient Pear, 2 to 3 ft. . . . 1.49 ea.
Orient Pear, 3 to 5 ft. . . . 1.98 ea.
Bartlett Pear, 2 to 3 ft. . . . 1.49 ea.
Bartlett Pear, 3 to 5 ft. . . . 1.98 ea.
Moorpark Apricot, 1 to 2 ft. . . . 79 ea.
Moorpark Apricot, 2 to 3 ft. . . . 1.19 ea.
Early Golden Apricot, 1 to 2 ft. . . . 69 ea.
Early Golden Apricot, 2 to 3 ft. . . . 1.19 ea.
Nectarine, 1 to 2 ft. . . . 59 ea.
Nectarine, 2 1/2 to 4 ft. . . . 98 ea.
Damson Plum, 1 to 2 ft. . . . 79 ea.
Damson Plum, 2 1/2 to 4 ft. . . . 1.19 ea.
Red June Plum, 1 to 2 ft. . . . 59 ea.
Red June Plum, 2 1/2 to 4 ft. . . . 1.19 ea.
Bruce Plum, 1 to 2 ft. . . . 59 ea.
Bruce Plum, 2 1/2 to 4 ft. . . . 1.19 ea.
Methley Plum, 1 to 2 ft. . . . 79 ea.
Methley Plum, 2 1/2 to 4 ft. . . . 1.19 ea.
Burbank Plum, 1 to 2 ft. . . . 79 ea.
Burbank Plum, 2 1/2 to 4 ft. . . . 1.19 ea.

DWARF FRUIT TREES— 2 or 3 Years Old

Dwarf Elberta Peach, 2 to 3 ft. . . . \$2.49 ea.
Dwarf Elberta Peach, 4 to 5 ft. . . . 3.98 ea.
Dwarf Red Haven Peach, 2 to 3 ft. . . . 2.49 ea.
Dwarf Red Haven Peach, 4 to 5 ft. . . . 3.98 ea.
Dwarf Belle of Georgia Peach, 2-3 ft. . . . 2.49 ea.
Dwarf Belle of Georgia Peach, 4-5 ft. . . . 3.98 ea.
Dwarf Golden Jubilee Peach, 2-3 ft. . . . 2.49 ea.
Dwarf Golden Jubilee Peach, 4-5 ft. . . . 3.98 ea.
Dwarf Red Delicious Apple, 2-3 ft. . . . 2.49 ea.
Dwarf Red Delicious Apple, 4-5 ft. . . . 3.98 ea.
Dwarf Yellow Delicious Apple, 2-3 ft. . . . 2.49 ea.
Dwarf Yellow Del. Apple, 4-5 ft. . . . 3.98 ea.
Dwarf Winesap Apple, 2 to 3 ft. . . . 2.49 ea.
Dwarf Winesap Apple, 4 to 5 ft. . . . 3.98 ea.
Dwarf Early McIntosh Apple, 2-3 ft. . . . 2.49 ea.
Dwarf Early McIntosh Apple, 4-5 ft. . . . 3.98 ea.
Dwarf Jonathan Apple, 2 to 3 ft. . . . 2.49 ea.
Dwarf Jonathan Apple, 4 to 5 ft. . . . 3.98 ea.
Dwarf Lodi Apple, 2 to 3 ft. . . . 2.49 ea.
Dwarf Lodi Apple, 4 to 5 ft. . . . 3.98 ea.
Dwarf Cortland Apple, 2 to 3 ft. . . . 2.49 ea.
Dwarf Cortland Apple, 4 to 5 ft. . . . 3.98 ea.
Dwarf Northern Spy Apple, 2-3 ft. . . . 2.49 ea.
Dwarf Northern Spy Apple, 4-5 ft. . . . 3.98 ea.
Dwarf Yellow Transparent Apple, 2-3 ft. . . . 2.49 ea.
Dwarf Yellow Transparent Apple, 4-5 ft. . . . 3.98 ea.
Dwarf Montmorency Cherry, 2-3 ft. . . . 2.49 ea.
Dwarf North Star Cherry, 2-3 ft. . . . 2.49 ea.
Dwarf Bartlett Pear, 2 to 3 ft. . . . 2.49 ea.
Dwarf Kieffer Pear, 2 to 3 ft. . . . 2.49 ea.
Dwarf Burbank Plum, 2 to 3 ft. . . . 2.98 ea.

VINES—1 or 2 Years Old

Red Scarlet Honeysuckle, 1 ft. . . . \$.39 ea.
Wisteria—Purple, 1/2 to 1 ft. . . . 39 ea.
Bittersweet, 1 ft. . . . 29 ea.
*Glematis Vine—White, 1/2 to 1 ft. . . . 29 ea.

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Cl. Red Talisman
Cl. Golden Charm
Cl. Pink Radiance
Cl. White Am. Beauty
Eclipse
Golden Charm
Peace
Luxemburg
Golden Dawn
Grapes
Luttrell or Niagara, 1/2-1 ft. . . . 69 ea.
Grapes Concord or Fredonia, 1/2-1 ft. . . . 69 ea.
Grapes Delaware or Catawba, 1/2-1 ft. . . . 69 ea.
Kudzu Vine, 1/2 to 1 ft. . . . 29 ea.
Gold Flame Honeysuckle, 1 ft. . . . 29 ea.
*Trumpet Creeper, 1/2 to 1 ft. . . . 29 ea.
Yellow Jasmine, 1/2 to 1 ft. . . . 59 ea.
*Vinea Minor Clumps
Halls Honeysuckle, 1 ft. . . . 29 ea.
English Ivy, 4 to 8 inch . . . 29 ea.
Boston Ivy, 4 to 8 inch . . . 29 ea.
Euonymus Coloratus, 1/2 to 1 ft. . . . 29 ea.
Ajuga Bronze Ground Cover, 1 yr. . . . 19 ea.
Euonymus Kewensis, 1/2 ft. . . . 49 ea.
Virginia Creeper, 1/2 to 1 ft. . . . 29 ea.

NUT TREES—1 or 2 Years Old

Hazel Nut, 1 to 2 ft. . . . \$.79 ea.
Hazel Nut, 3 to 5 ft. . . . 1.98 ea.
Butternut, 1 to 2 ft. . . . 49 ea.
Butternut, 3 to 4 ft. . . . 1.98 ea.
Chinese Chestnut, 1 to 2 ft. . . . 79 ea.
Chinese Chestnut, 3 to 5 ft. . . . 1.98 ea.
Hardy Pecan Seedlings, 1 to 2 ft. . . . 89 ea.
Stuart Pecan—Papershell, 2 ft. . . . 2.98 ea.
Stuart Pecan—Papershell, 3 1/2-5 ft. . . . 4.95 ea.
Mahan Pecan—Papershell, 2 ft. . . . 2.98 ea.
Mahan Pecan—Papershell, 3-5 ft. . . . 4.95 ea.
Black Walnut, 1 to 2 ft. . . . 39 ea.
Black Walnut, 3 to 5 ft. . . . 1.49 ea.
English Walnut, 2 to 3 ft. . . . 3.98 ea.
Shell Bark Hickory, 1 to 2 ft. . . . 79 ea.
American Beech—Collected, 3-4 ft. . . . 1.98 ea.
Japanese Walnut, 3 to 4 ft. . . . 79 ea.

EVERGREENS—1 or 2 Years Old

Glossy Abelia, 1/2 to 1 ft. . . . \$.29 ea.
*American Holly, 1/2 to 1 ft. . . . 29 ea.
*Rhododendron, 1/2 to 1 ft. . . . 49 ea.
Pittier Juniper, 1/2 to 1 ft. . . . 79 ea.
Cherry Laurel, 1/2 to 1 ft. . . . 29 ea.
Nandina, 1/2 to 1 ft. . . . 49 ea.
Boxwood, 1/2 to 1 ft. . . . 49 ea.
Irish Juniper, 1/2 to 1 ft. . . . 59 ea.
Savin Juniper, 1/2 to 1 ft. . . . 59 ea.
Red Berry Pyracantha, 1/2 to 1 ft. . . . 59 ea.
Yellow Berry Pyracantha, 1/2 to 1 ft. . . . 59 ea.
Burford Holly, 1/2 to 1 ft. . . . 49 ea.
Dwarf Burford Holly, 1/2 to 1 ft. . . . 69 ea.
Wax Leaf Ligustrum, 1/2 to 1 ft. . . . 39 ea.
Colorado Blue Spruce, 1/2 to 1 ft. . . . 39 ea.
*Mountain Laurel, 1/2 to 1 ft. . . . 29 ea.
*Canadian Hemlock, 1/2 to 1 ft. . . . 29 ea.
*Short Leaf Pine, 1/2 to 1 ft. . . . 29 ea.
Slash Pine, 1/2 to 1 ft. . . . 29 ea.
*Red Cedar, 1/2 to 1 ft. . . . 19 ea.
Hetzi Holly, 1/2 to 1 ft. . . . 59 ea.
Japanese Holly, 1/2 to 1 ft. . . . 59 ea.
Foster Holly, 1/2 to 1 ft. . . . 79 ea.
Helleri Holly, 1/2 to 1 ft. . . . 69 ea.
East Palatka Holly, 1/2 to 1 ft. . . . 59 ea.
Chinese Holly, 1/2 to 1 ft. . . . 69 ea.
Andorra Juniper, 1/2 to 1 ft. . . . 69 ea.
Cedrus Deodara, 1/2 to 1 ft. . . . 69 ea.
Jap Yew, 1/2 to 1 ft. . . . 79 ea.
Baker Arborvitae, 1/2 to 1 ft. . . . 59 ea.
Berkman's Arborvitae, 1/2 to 1 ft. . . . 59 ea.
Globe Arborvitae, 1/2 to 1 ft. . . . 59 ea.
Greek Juniper, 1/2 to 1 ft. . . . 59 ea.
Gardenia—White, 1/2 to 1 ft. . . . 69 ea.
Camellia—Red, 1/2 to 1 ft. . . . 79 ea.
Norway Spruce—1/2 to 1 ft. . . . 39 ea.
Euonymus Radican, 1/2 to 1 ft. . . . 29 ea.
Euonymus Manhattan, 1/2 to 1 ft. . . . 39 ea.
Euonymus Pulchellus, 1/2 to 1 ft. . . . 69 ea.
Euonymus Dupont, 1/2 to 1 ft. . . . 39 ea.
*White Pine, 1 ft. . . . 39 ea.
Austrian Pine, 1/2 to 1 ft. . . . 29 ea.
Mugho Pine, 3 to 5 inch . . . 39 ea.
Scotch Pine, 3 to 5 inch . . . 19 ea.
Western Yellow Pine, 3 to 5 inch . . . 19 ea.
White Spruce, 1/2 to 1 ft. . . . 39 ea.
Serbian Spruce, 1/2 to 1 ft. . . . 29 ea.
Douglas Fir, 1/2 to 1 ft. . . . 49 ea.
Cleyera Japonica, 1/2 to 1 ft. . . . 49 ea.
Eleagnus Fruitlandi, 1/2 to 1 ft. . . . 49 ea.
Thorny Eleagnus, 1/2 to 1 ft. . . . 49 ea.
Hetzi Juniper, 1/2 to 1 ft. . . . 59 ea.
Sargent Juniper, 1/2 to 1 ft. . . . 69 ea.
Shore Juniper, 1/2 to 1 ft. . . . 59 ea.
Yupon Holly, 1/2 to 1 ft. . . . 49 ea.
Mahonia Beali, 3 to 5 inch . . . 49 ea.
Gray Carpet Ground Cover, 3-5 inch . . . 98 ea.
Blue Rug Ground Cover, 3 to 5 inch . . . 98 ea.

BERRY PLANTS, ETC.— 1 or 2 Years Old

Black Raspberry, 1/2 to 1 ft. . . . \$.29 ea.

Red Everbearing Raspberry, 1/2 to 1 ft. . . . 29 ea.
Dewberry, 1/2 to 1 ft. . . . 29 ea.
Boysenberry, 1/2 to 1 ft. . . . 39 ea.
Blackberry, 1/2 to 1 ft. . . . 29 ea.
Gooseberry, 2 yr., 1 ft. . . . 1.49 ea.
Figs, 1 to 2 ft. . . . 1.49 ea.

BULBS, AND PERENNIALS— 1 or 2 Years Old

3 Pampas Grass—White Plumes . . . \$1.29
12 Hibiscus, Mallow Marvel
in Mixed Colors . . . 1.29
8 Hollyhocks, Mixed Colors, Roots . . . 1.4
10 Cannas, Red, Pink, Yellow . . . 1.4
20 Iris—Blue or Purple . . . 1.91
*20 Day Lilies, Roots, Orange Flowers . . . 1.2
8 Creeping Phlox, Pink, Blue,
White and Red . . . 1.4
6 Fancy Leaf Gladiolus, Red, White . . . 1.5
50 Gladiolus, Mixed Colors . . . 2.9
8 Alyssum, Gold Dust . . . 1.2
8 Anthemis, Yellow . . . 1.2
8 Carnation, Red, Pink, or White . . . 1.2
6 Coreopsis, Sunburst Double . . . 1.2
6 Candytuft (Iberis), Semp. White . . . 1.2
6 Babysbreath, White . . . 1.2
6 Gaillardia, Red . . . 1.2
6 Blue Flax (Linum) . . . 1.2
6 Shasta Daisy, Alaska . . . 1.2
4 Delphinium, Dark Blue . . . 1.2
6 Tritoma, Mixed . . . 1.2
6 Dianthus, Pinks . . . 1.2
6 Lupines, Mixed Colors . . . 1.2
5 Sedum, Dragon Blood . . . 1.2
4 Clematis, Yellow . . . 1.2
8 Fall Asters, Red or White . . . 1.2
8 Fall Asters, Pink or Lavender . . . 1.2
*6 Yucca, Candle of Heaven . . . 1.2
5 Oriental Poppy, Scarlet . . . 1.2
2 Peonies, Red, Pink, or White . . . 1.2
5 Mums, Red or Yellow . . . 1.2
3 Dahlias, Red or Pink . . . 1.2
3 Dahlias, Purple or Yellow . . . 1.2
3 Liriope, Big Blue . . . 1.2
3 Liriope, Variegated . . . 1.2

BERRIES, FRUITS AND HEDGE— 1 or 2 Years Old

10 Rhubarb, 1 year Roots . . . \$1.5
10 Asparagus, 1 year Roots . . . 1.0
26 Strawberry—Blakemore or
Tenn. Beauty . . . 1.5
25 Gem Everbearing Strawberry . . . 1.5
100 Star Privet, 1 to 2 ft. . . . 2.5
25 North Privet, 1 to 2 ft. . . . 2.4
25 California Privet, 1 to 2 ft. . . . 2.4
25 Multiflora Rose, 1 to 2 ft. . . . 2.4

NATIVE WILD FLOWERS— 1 or 2 Years Old

Collected from the Mountains

5 Lady's Slipper, Pink . . . \$1.0
6 Blood Root, White Flowers . . . 1.0
6 Dutchman Breeches, White . . . 1.0
4 Jack-in-the-Pulpit, Purple . . . 1.0
3 Dogtooth Violet, Yellow . . . 1.0
20 Hardy Garden Violet, Blue . . . 1.0
3 Partridge Berry . . . 1.0
3 Passionflower . . . 1.0
6 Bird Foot Violet, Blue . . . 1.0
6 Trilliums, Mixed Colors . . . 1.0
6 Blue Bells . . . 1.0
6 Maiden Hair Fern . . . 1.0
6 Bayscented Fern . . . 1.0
10 Christmas Fern . . . 1.0
4 Ginnamon Fern . . . 1.0
3 Royal Fern . . . 1.0
6 White Violets . . . 1.0
6 Hepatic, Mixed Colors . . . 1.0
4 Solomon Seal, White . . . 1.0
3 Trailing Arbutus, Pink . . . 1.0
4 Sweet Williams, Pink . . . 1.0
4 Star Grass, White . . . 1.0
4 Golden Seal, White . . . 1.0
6 May Apple, White . . . 1.0
6 Cardinal Flower, Red . . . 1.0

FLORIBUNDA ROSES— 2 Year Field Grown

Floradora, Orange . . . \$.99
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Goldlocks, Yellow . . . 99
Summer Snow, White . . . 99
Pinocchio, Pink . . . 99

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POET'S CORNER

VERSES FROM OUR READERS

Senseless War

One and twenty years was he
When he went away.
Young and very much in love
As I still am today.
I remember well the day he left,
That look upon his face.
Little did I know it would be
The last look I'd embrace.
I feel a bitter hatred
Within this heart of mine?
For a very senseless war
That took this man away.
Of all of those who had to go
It was he who did not return.
And though I think of the love we shared
My heart still tends to burn —
For even though all wars may cease,
Never again shall I know peace.

Sharon Joyce
Stoneville

March

Pray tell, what else can "Ole March" do?
She's played her tricks the whole month
thru;
Some days quite cold, some almost hot
Sometimes she's pleasant, sometimes not.

Should she apply for a two weeks loan,
Please, Bank of April, don't be home;
Or, make the interest so rate so high,
Ole March will gladly say goodbye.

If April comes her natural self,
Ole March will go back on the shelf.
Where she can rest until next year
When once again she'll jerk a tear.

Cora Clark Ballinger
Morganton

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My Mind

My greatest enemy
Is my mind.
It confounds me,
Confuses me,
Frustrates me.
It brings me pain.
Magnifies embarrassments.
Distorts criticism.
It refuses to forget.

Martha Ann Ford
Lexington

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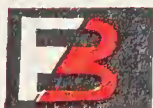
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Is money the most important thing to strive for? If not, what is?

"Money is important, and it is a necessity. But to love and be loved, to have peace of mind, and to be happy with life and what you have is far more important.

Donna Tessneer
Lake Lure

Donna, age 16, enjoys reading and writing and keeping house. She and her husband are served by Rutherford EMC.

"I think that love of God and friendship toward your fellow man should come before the struggle for money. Money is essential, but so is peace of mind and happiness of heart."

Wayne Jessee
Vilas

Wayne is 18 and a senior at Watauga High in Boone. His interests are singing and playing the guitar. Wayne's parents, Mr. and Mrs. Marshall K. Jessee, are served by Blue Ridge EMC.

"The love of money is the root of all evil. Money is not the root of evil, but the love of it is. Loving money is

placing it above everything else — above respect, honor, honesty, faith or love. If more people would strive to love their fellow man a little more, then the world would be a better place to live."

Carrie Sue Jones
Lumberton

Carrie, who is 16, attends Pembroke Senior High. Her hobbies are typing, dancing and playing basketball. The Jones family is served by Lumbee River EMC.

"Amassing money should definitely not be one's major aim in life. Although there are a lot of things money can buy, there are also things it can't such as love, peace and happiness. These, in my opinion, should really be the goals one strives toward."

Dawn Brittain
Iron Station

Dawn is 13 and in the eighth grade at Rock Springs Elementary. Her hobbies include playing basketball, cheerleading, singing and swimming. The Brittain family is served by Rutherford EMC.

TEEN ROUNDTABLE

NEXT QUESTION

What are some reasonable and effective ways to help your parents understand you?

This question was submitted by Judy Sheffield of Carthage. Judy is 15 and attends Union Pines High. She enjoys art, music and all sports. Judy and her parents, the W.R. Sheffields, are served by Central EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602 at once.

Tell us a few facts about yourself — your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5.

If you want to submit a question, send it along and for each one used the sender will get a \$5 check.

More Doctors for Rural Areas

Of all the decisions the General Assembly may make this session, none will be more important to the good health of North Carolinians, particularly rural North Carolinians, than the decision it makes as to the future of the East Carolina University medical school. Contrary to charges of opponents, the ECU medical school will not compete with the state's existing four-year medical schools; rather, it will supplement their efforts to produce the doctors North Carolina should have. The ECU school is needed. Although the state ranks high in the percentage of Tar Heels who finish college, it ranks very low in the percentage who became MDs. Perhaps because the existing four-year schools turn so many away and only about 60 percent of the students in them are Tar Heels.

In the latest issue of *The Pilot* of Southern Pines, Sam Ragan, the distinguished North Carolina editor and current President of the North Carolina Press Association, wrote:

"A doctor friend declared last week that improved medical service and the delivery of adequate health care will be one of the big issues of the 1970s.

"It is already a big issue, but the concentration of attention on whether or not to expand the Medical School at East Carolina University may cloud the whole issue to the point that major needs will continue to exist.

"There is more to it than that, even though the arguments of East Carolina supporters are sound when they insist that more doctors must be trained to go into the rural areas of the state and provide the medical services so desperately needed.

"There is a general shortage of doctors, of course, as the state ranks 43rd in the nation with a ratio of one doctor for each 1,000 persons (a total of 4,800 practicing doctors in a state of 5.1 million people). The national average is one doctor for each 781 persons.

"Even with this ratio, however, it's still a fact that a majority of the doctors settle in the cities and leave the rural areas to do without adequate medical services. In many rural counties, such as Caswell where there is one doctor for 15,000 persons, the ratio is very wide.

"Our doctor friend believes there must be a revolution in medical training and medical thinking. There is no doubt about the current rigidity in medical education, and we do not believe the University system or the medical profession has come to grips with this problem.

"It is our belief that the ECU medical school should be considered in the total package of delivering medical services in long range plans which, if they have been made, should have not been made known to the public at large. It's

time the general public and the rights of people to medical care are brought into the picture."

Rural North Carolina suffers most from the shortage of physicians. Every study made points up the fact that North Carolina lags behind the nation in the number of practicing physicians and that its rural counties have substantially fewer than are needed.

Sixty of our 100 counties have fewer doctors per population than they did 10 years ago. Eighty-two counties have fewer family doctors per population.

Expansion of the three existing four-year medical schools in the state has not produced the numbers or types of doctors needed across the state. Only a handful a year have managed to find their way into family practice, and very few of the handful have settled in rural areas.

Despite the need for more doctors, scores of qualified North Carolina applicants each year are lost to the profession because they cannot get into existing medical schools.

The General Assembly is being asked to authorize the expansion of the East Carolina School of Medicine into a degree-granting, full-fledged medical school. Included in the authorization sought is the directive that the school strongly emphasize family practice. The faculty and administration of the ECU medical school are committed to this concept.

Existing policies and plans permit only North Carolinians to be enrolled in the ECU school. Students even in its one-year program are required to spend time with highly selected and qualified family physicians to observe and learn the art of family practice. Plans for the four-year school call for a strong Department of Family Practice as well as the establishment of residencies in family practice in community hospitals.

Governor Holshouser has recognized the urgency of rural North Carolina's need for better health care in his program for the establishment of community health centers and expansion of the Area Health Education Center system.

A four-year, family practice-oriented medical school at ECU is basic to any effort to upgrade health care in North Carolina, because the key to good medical care is and will remain an adequate supply of physicians.

The kind of doctors the ECU school will produce will increase the supply of family practitioners not only for rural people in Eastern North Carolina but for rural people throughout the state.

Jim Chaner



My 1,982 Bosses

... and I'd be happy to have more. Each member-borrower, through the directors he helps elect, has a hand in running our locally-controlled association, so you might say my orders come from them. My job is typical of other Production Credit Association presidents, as well as the presidents of Land Bank Associations and representatives from the Bank for Cooperatives. To meet the uniquely different credit needs of our member bosses, each of us who works for Farm Credit Banks and Associations is a specialist in agricultural credit, qualified to counsel and advise in areas of agricultural financing. Ours are great jobs. We'd like to work for you, too.

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HALE

Back in the days at Maryland, Jim Tatum was driven mad by a butter-fingered quarterback who cost him at least three ball games. After the season ended, Big Jim was having dinner in a local restaurant when a waiter dropped a mess of spaghetti down his neck.

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"Excuse me, sir," mumbled the waiter; then looking at Jim closely, his face lit up in recognition. "Say, Mr. Tatum," he exclaimed, "I have a relative who plays for you."

"Don't go any further," groaned Jim. "From the way you handled that spaghetti, I know exactly who you mean."

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PEOPLE

John D. Coston, who retired Dec. 31 after 23 years as general manager of Albemarle EMC, Hertford, was honored at a banquet in Elizabeth City Jan. 16. Gwyn B. Price, long time State REA chairman, praised Coston for his service to the cooperative and the area it serves and said "the thousands of poles that have been set and the security lights that now glow at night are a monument to you and work you have done." Edward E. Brown Jr. succeeded Coston as general manager.

Cecil Viverette, general manager of Blue Ridge EMC, Lenoir, was re-elected president of the Cooperative Council of North Carolina at the Council's 39th annual meeting. Marvin McClam, general manger of FCX, Raleigh, was re-elected vice president.

Harry B. Caldwell was re-elected executive vice president and treasurer, and Charles D. Colvard was re-elected secretary.

Elected to the Council's executive committee were C.E. Smith, vice president, finance, FCX; Brantley De Loatche, general manager, Central Carolina Farmers, Durham; Max Hovis, general manager, United Dairies, Greensboro; Robert N. Cleveland, general manager, N.C. EMC; R.O. Edwards, president, Federal Land Bank Assn., Smithfield; A.W. McDonald, general manager, Yadkin Valley Telephone, Yadkinville, Graham Rogers, president, Central Production Credit Assn., Graham, and Vassar P. Shearon, board chairman, Tarheel Production Credit Assn., Raleigh.

The Marvin Nickson Brown family of the Newport Community, Carteret County, was honored by the Cooperative Council as "Outstanding Young Family for Voluntary Leadership and Service to a rural area for 1973." The Brown family consists of father "Nick," mother Kathy, daughters Ruth 14, Angela 13, Laura 4, and son David 8.

The N.C. Chapter, Soil Conservation Society of America, presented its "Special Commendation Award" to the editor of *Carolina Country* for "contributions made through the magazine to the cause of conservation in 1973."

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Normally Develop
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These gorgeous CUSHION MUMS will be delivered this spring at half our catalog price in order to get new customers. Any spring planted Cushion Mum not producing a large number of blooms the fall after planting replaced free! Each plant normally develops to bushel-basket size when mature... covered with myriads of dazzling flowers, each flower 1 to 2 inches diameter... a giant ball of color. Hardy, assorted colors... red, yellow, bronze, pink, white, etc. as available. You get Chrysanthemum Root divisions from nursery grown proven blooming stock. Root and top growth may be already started when shipped this spring. If not satisfied on delivery at spring planting time return within 10 days for purchase price refund. If you order now you get 10 Mums for only \$1.00... or really save and order 30 for just \$2.50, or 100 for \$7.95. This bargain offer also makes available other popular flower garden plants and bulbs at sensational savings... plus valuable bonuses free of extra cost. Plan ahead... order your spring plantings now... and save big money.

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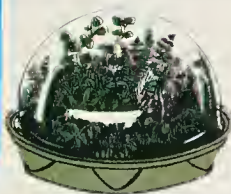
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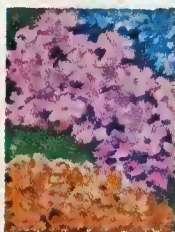
Bush out in low 1 to 1 1/2 ft. mounds of richly colored flowers. Hundreds of blooms of Blue, Red, White, Pink as available. These Michigan nursery grown root divisions are ready for first transplanting to your garden. 20 plants for \$3.75.



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Orders for spring delivery totaling \$3.00 or more get a Giant Hibiscus perennial root (Hibiscus mixed hybrid variety) without extra charge. Blooms with large flowers in late summer on stems up to 7 feet tall. Colors as available range from white and pink to darkest crimson. Planting stock we give is nursery grown from seed, 1 or 2 years old, never transplanted. Check coupon... mail today.

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335		Creeping Sedum (Dragon's Blood)	
307		Hardy Mound Asters	
108		Gladiolus	
123		Dahlias	
540		Miniature Terrarium	
309		Creeping Phlox	
305		Carnations	
327		Shasta Daisies	
173	FREE	Tuberose if order mailed by May 15	.00
174	FREE	Giant Hibiscus if order totals \$3.00	.00
175	FREE	Giant Hibiscus plus 12 Holland Anemones if order totals \$6.00	.00
TOTAL			\$

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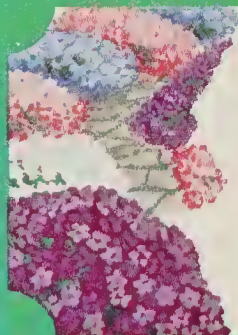


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Please send order as marked below. Include all FREE bonus items to which I am entitled, as stated on coupon. All items are covered by your NO FAULT GUARANTEE.

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	158	CARNATIONS	
	100	GLADIOLUS	
	183	CREeping PHLOX	
	196	CREeping SEDUM	
	125	IVY-LEAFED GERANIUM	
1	FREE	Giant Hibiscus, if order mailed by May 1	.00
6	FREE	Peacock Orchids if order totals \$4.00	.00
12	FREE	Anenomes (plus 6 Peacock Orchids) if order totals \$8.00	.00
12	FREE	Oxalis (plus 12 Anenomes and 6 Peacock Orchids) if order totals \$12.00	.00

TOTAL

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